

Parent Wellbeing Tip Sheet



Physical Abuse Checklist

Physical abuse is the use of physical force to cause or threaten to cause harm. Often physical abuse will start small with just a slap or a push, then get more intense over time.

Physical abuse includes:

- scratching or biting
- pushing or shoving
- slapping
- kicking
- choking or strangling
- throwing things
- forced feeding or denial of food
- use of weapons
- physical restraint
- reckless driving

An abuser will often try to deflect the blame for their behaviour onto something or someone else. It is common for abusers to blame the victim for somehow inciting the violence. Sometimes an abuser will excuse their behaviour as being a result of alcohol or drugs, stress or frustration. Abusers may be apologetic after an assault, which can make it difficult and confusing for the victim.

If you need someone to talk to about physical abuse consider contacting:

- Lifeline at: <http://www.lifeline.org.au/Home>
- The Women's Domestic Violence Helpline on: 92231188
- Mensline on: [1300 78 99 78](tel:1300789978)